

Mountaineer

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Sept. 29, 2006

Family housing construction set to begin

by Dean Quaranta

Directorate of Public Works

This is the first article from the Directorate of Public Works, Housing Division, about new construction that is about to begin on Fort Carson. The plan is to build 440 new homes and perform capital improvements to existing homes over the next three years.

History

Congress established the Military Housing Privatization Initiative in 1996 as a tool to help the military improve the quality of life for its service members by improving the condition of their housing.

The MHPI was designed and developed to attract private sector financing, expertise and innovation to provide necessary housing faster and more efficiently than traditional military construction processes would allow.

The Office of the Secretary of Defense has delegated to the military services the MHPI and they are authorized to enter into agreements with private developers selected in a competitive process to own, maintain and operate family housing via a 50-year lease.

MHPI addresses two significant problems concerning housing for military service members and their families: (1) the poor condition of Department of Defense owned housing, and (2) a shortage of quality affordable private housing. Under the MHPI authorities,

DoD works with the private sector to revitalize our military family housing through a variety of financial tools — direct loans, loan guarantees, equity investments, conveyance or leasing of land and/or housing and other facilities. Military service members receive a basic allowance where they can choose to live in private sector housing or privatized housing.

In November 1999 Fort Carson became the first Army installation and the first large-scale DoD installation to begin privatization. Soon the Army will have privatized its housing at 48 Army installations across the United States.

Between 1999 and 2004, J.A. Jones, LLC, completed dynamic upgrades to on-post housing.

In a five-year period all of Fort Carson's 1,823 existing pre-1999 built homes were renovated and Fort Carson received 841 new homes in several new communities.

In the spring of 2005, through a combination of Base Realignment and Closure initiatives and restoration announcements, it was learned that Fort Carson's population will grow from approximately 15,000 Soldiers to 25,000 by 2010.

Because of this, the Army conducted a study of the on- and off-post housing markets.



Photo by Michael J. Pach

Many World War II era buildings, such as these in the old hospital complex, will be replaced with new, state-of-the-art family housing units. Construction is set to begin in coming months to build 440 new homes. Capital improvements on existing homes is also slated to begin.

The study determined that the local community will meet most of the growth requirement, but there was a need for additional homes on post, mostly for junior enlisted families.

For more than a year, Fort Carson and its current partner GMH, have been putting together a plan.

The future

The plan is for Fort Carson Family Housing to build 440 new, state-of-the-art homes in three communities. FCFH

has hired CENTEX Construction, the second largest home builder in the United States, to do the work.

Also, FCFH will perform capital improvement work in the 4000 and 5000 block housing areas. FCFH will install lawn irrigation systems and energy-efficient, double-pane windows. Homes will receive screened backdoors for improved ventilation. In general,

See **Housing** on Page 13

INSIDE THE MOUNTAINEER

Opinion/Editorial

- Fifth-grade observation 2
- Post talk 2

News

- Venezuela update 3
- Emeril contest open to military 4

Military

- 'Dagger' Brigade reflects 5
- Military briefs 6
- 1-68th discovers cache, bad guys 7
- WWII vets visit post 8
- Sexual harassment has no place 9

Community

- Caring for critical curves 11
- Don't let bed bugs bite! 12
- Community briefs 13
- Become a delegate for AFAP 14
- Piñon Canyon: why expand? 15
- Chapel celebrates anniversary 18
- Chapel briefs 19
- Fall Fest 2006 22
- Mail Order Pharmacy 24

Feature

- Soldier Show set 20-21

Happenings

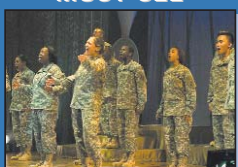
- Ancient cliff dwellings 29-30
- Get Out 31-32

Sports

- Infantry beats MEDDAC 33
- SI Softball comes to post 34
- Lady Mountaineers at Sky View 35
- Mountaineer sports standings 36
- Athlete of the Week 38
- Pigskin Picks 39

- Classified advertising (719) 329-5236
- Mountaineer editor (719) 526-4144
- Post information (719) 526-5811
- Post weather hotline (719) 526-0096

MUST SEE



Soldier Show comes to post.
See Pages 20-21.

Word of the month: **DUTY**

Army meets active-duty recruiting goal early

Army News Service

NEW YORK, N.Y. — The active Army met its fiscal 2006 recruiting goal ahead of schedule Sept. 21 when the 80,000th recruit enlisted at the Times Square Recruiting Station in mid-town Manhattan.

Secretary of the Army Francis Harvey conducted the ceremonial enlistment of Shirley Salvi, who enlisted under the 98XL option to receive language training before assignment as a signals intelligence analyst or cryptologic linguist. Because she has a bachelor's degree and enlisted for five years, Salvi received a \$20,000 bonus and joined the Army's ranks as a specialist.

A graduate of Rutgers University, Salvi said she enlisted for the "travel, leadership and experience."

"I decided to join the Army after I obtained my four-year degree because

I wanted an experience away from home," said Salvi, 23. "I am confident that the training I receive will prepare me for any tasks that I am to accomplish."

Harvey welcomed Salvi to the Army team.

"Ms. Salvi's enlistment represents the achievement of the full recruiting mission for the active-duty Army for the year. We are very fortunate that our nation's finest are responding to the call to duty and stepping forward to serve in a time of war," said Harvey.

Like all new recruits and re-enlistees, Salvi swore to support and defend the Constitution of the United States against all enemies, foreign and domestic. She will attend basic training at Fort Leonard Wood, Mo.

"It is a common misconception that educated young people don't make

See **Goal** on Page 4

Proud of my country and those who guard it

by Ana Toumpas
Army News Service

Editor's note: The following is an essay by a fifth-grade student.

CONCORD, N.H. — Marching down the street, it was my turn to help hold the banner. I took one end and continued walking. The parade stopped in the cemetery.

We took that moment of silence to honor the brave Soldiers who fought in the Army and especially the ones who were killed while fighting for freedom. As the parade started moving again, I thought of how all the brave people have fought for our freedom over the years.

In the Revolutionary War, many Soldiers were killed and wounded. The Soldiers were brave when they fought for their

freedom. They fought not only for their freedom, but for the freedom of all Americans for centuries to come. The way these people fought for freedom makes me proud to be American.

Being American means you're free, but with that freedom comes certain rights and responsibilities. One of those rights is voting. In the U.S. we have the right to choose our leaders. The thought that we have a vote to choose our leaders is good because then the leaders will be people who most Americans can trust to make laws, rules and decisions that affect our country.

Voting for president is a good way of doing it. It is fair, unlike the way some other countries do it. In some countries a dictator takes over the country and the people have no say in the matter. In the countries ruled by dictators, if someone disagrees with the leader, then the

person might be put in jail or killed.

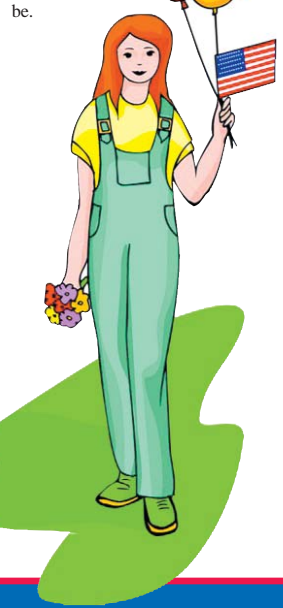
Here in America, we have the freedom of speech. That means that we have the freedom to say what we feel even if we disagree with our leaders and say it right to them.

Walking farther with the rest of the Memorial Day parade, we passed a school. This made me think, "I'm lucky to go to school, for in some countries, girls can't be educated."

I think it's important for everyone to go to school because in this world, everyone needs a good education.

Near the end of the parade, I saw all the men of the New Hampshire National Guard marching behind us holding flags and banners.

I realized that even now there are Soldiers fighting in Iraq. I'm proud to be American and I always will



POST TALK: What does being an American mean to you?



"Freedom of speech and religion, the right to a fair trial and freedom of assembly."

Yaeko Davis
Family member



"Doing what's right, being proud of who you are and having a general respect of others and how they do things."

Sgt. Christopher Garcia
5025th GSU



"Just about everything. I still think we are one of the richest and best countries in the world."

Sgt. 1st Class David Wissinger
1st Mob Brigade



"It's the thing I'm most grateful for in my life. I have everything — every choice, every opportunity."

2nd Lt. Nora Lowe
259th CSS Bn



"Freedom ... Greatest country in the world. I served in the Army — honorably discharged in '79."

Corey Snell
Contractor

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NEWS

U.S. commander concerned over Venezuela's 'exporting of instability'

by Kathleen T. Rhem

American Forces Press Service

WASHINGTON — The Venezuelan government's anti-U.S. stance is "bigger than a nuisance," the outgoing commander of U.S. military operations in Latin America said here Sept. 21.

Army Gen. Bantz J. Craddock, slated to give up command of U.S. Southern Command in October and move to command of U.S. European Command, spoke to Pentagon reporters Sept. 21 about a wide range of topics about both regions.

"I think there's an exporting of instability coming out of Venezuela," he said.

"I think it's unfortunate. There's a glut of money there from oil. Money talks in a lot of parts of the world. It buys things, influence."

Craddock's comments came on the same day Venezuelan President Hugo Chavez called President George W. Bush "a devil" during a speech to the U.N. General Assembly.

The general said the United States should take such inflammatory speeches seriously.

Strengthening ties between Venezuela and Iran also worry U.S. officials, Craddock said. "It's of

concern," he said. "We have to watch that."

Earlier this year, U.S. officials opposed Venezuela's purchase of 100,000 rifles from Russia because of the concern that Venezuela might funnel the weapons to the Revolutionary Armed Forces of Colombia, a terrorist group known as FARC out of neighboring Colombia.

Craddock said yesterday that Venezuela's neighbors are concerned that the country's recent purchases of high-performance aircraft and boats appear to be "more than would be needed for a reasonable defensive posture."

FARC terrorists take advantage of the porous border between Colombia and Venezuela to seek safe haven in Venezuela when they're fleeing Colombian government forces, Craddock said.

In large measure, the U.S. military has helped train those Colombian government forces, and Craddock said they've made tremendous strides. "They have built and are continuing to build a very competent, capable security force, both military and police," he said.

The country has made substantial reforms and is focusing transformation of its defense organizational structure on threats it's facing today.

"Every service member is trained in human rights," Craddock said.

"Their leaders get human rights training. Only 2 percent of human rights allegations made in Colombia in the last couple years have been against police or military."

The general cited successes in military partnerships in the region as evidence that engagement is the best way to deal with political tension between Venezuela and the United States.

SOUTHCOM officials invite Venezuelan military leaders to all regional military conferences and meetings, and Venezuelan military officers are welcome in U.S. military training venues, he said.

"We want to have an engagement with the (Venezuelan) military. We've had a long history of it," he said.

"We still have some Venezuelan officers in the United States training. We would value that. We would hope they would continue to come."

He noted the relationship between the two countries' militaries is strained, more so than in the past. "It is not healthy. We would like to turn that around," Craddock said. "But we're limited by the political rhetoric, quite frankly."

Emeril sponsors military-only cooking contest

by Ashley Farrell

Army News Service

WASHINGTON — If you're currently a chef on active duty, TV cooking-show icon Emeril Lagasse wants your favorite recipe.

Emeril is looking for a military chef who has the right recipe and knows how to use it. Any military chef who has a favorite dish can enter the first ever Military-Only Emeril Cooking Contest. Recipes ranging from jambalaya or marinated steak to specialty pies and appetizers all have a chance of winning.

"I have great respect for our men and women who serve in the military," Emeril said. "I also understand the challenges their chefs face stationed all over the world. We created this contest to

acknowledge their hard work and dedication."

Emeril will pick his favorite entries, which will be used in an upcoming show. Recipes must be original creations and will be judged on creativity and, above all, taste.

The idea for the contest came from the show's great experience with the men and women of the armed forces, said Karen Katz, a producer for the "Emeril Live" program. An aircraft hangar at McGuire Air Force Base, in Lakehurst, N.J., was the taping site of one of 2005's best "Emeril Live" shows and "was a huge success," she said.

"We have continued to have great experiences with the military when they have been included on

the show, so when the idea for the military-only cooking contest came up, we all were on board," Katz said.

The contest started at 9 a.m. Eastern Time Monday and ends at 5 p.m. Oct. 9. Interested chefs can enter by visiting the Food Network Web site at www.FoodNetwork.com and completing an entry form online that outlines personal and military background and the recipe. Participants must be at least 18, U.S. residents and active-duty service members.

"We are anxious to see what is being served out there," Katz said. "We are always amazed by what America is cooking and are excited to include chefs of the Armed Forces."

Goal

From Page 1

the Army a career choice right after college," said Staff Sgt. Gigi Theocharides, the New York City Battalion Regular Army Recruiter of the Year.

"I feel that Shirley's decision to make the Army her first choice is a reflection of the opportunities that exist for individuals of her caliber."

In addition to meeting its active-duty recruiting goal, Harvey noted that the Army met its retention goal of 64,200 with the Aug. 31 re-enlistment of a Fort Campbell, Ky., Soldier.

The Army National Guard also met its retention mission last month, and the Army Reserve expects to do so next week.

The Army's accession goal of 186,072 is larger than the Navy's, Air Force's and Marines' combined, and is the largest goal since the early 1990s.

"We are at war and this sends a signal to our friends that the Army will continue to honor our commitments at home and abroad," Harvey said.

MILITARY

'Dagger' Brigade looks back on training year

by **Sgt. Zachary Shumway**
2nd Brigade, 91st Division

FORT RILEY, Kan. — Over the past several months, Soldiers of the 2nd Brigade, 91st Division, known as the “Dagger” Brigade, have been working diligently with Fort Riley personnel to set up a Military Transition Team mission. As their role in the mission draws to a close, brigade officials say they are leaving behind a solid foundation to train American forces and have set up a successful platform for the 1st Infantry Division to take over later this fall.

According to brigade officials, the Dagger Brigade was initially selected by senior Army leadership to set up the Fort Riley training mission because of its successful record of MiTT training missions over the past three years.

During the initial set up of the MiTT mission, Dagger Brigade Soldiers recognized that Fort Riley’s size and training facilities meant that they could expand training in new directions to better prepare Soldiers for conditions they may face in Iraq.

One of the ways the brigade increased the combat realism of MiTT training was to construct six new training areas, known as

“urban clusters.” Urban clusters are simulated Iraqi villages that are designed to enhance the Soldiers’ ability to react and fight in urban combat conditions.

The additional training space allowed the Dagger Brigade to expand training in new directions. This expansion meant the brigade would have to expand the existing training model.

Sgt. 1st Class George Tillman, one of Dagger Brigade’s operations NCOs, said that the brigade had initially dedicated only 30 days to this course.

“We wanted to add a greater sense of theater immersion training to provide the Soldiers we train with the best knowledge possible before we send them overseas,” he said. To accommodate the new training, the course was expanded to a 60-day training model.

According to Tillman, MiTT training is designed to “train the trainers to train the trainers.” One way to accomplish this is to actually have the MiTT Soldiers train a group of Soldiers acting as Iraqi security forces. The brigade had previously provided training for Soldiers on how to react to civilians on the



Photo by Staff Sgt. Alyn-Michael Macleod

Staff Sgt. Miller, observer/controller trainer for the 2nd Brigade, 91st Division, instructs Sgt. 1st Class Nichols from cycle one MiTT team on how to enter an enclosed area and react to an enemy.

Military briefs

Miscellaneous

Casualty training — The casualty section will conduct the Taking Care of Families training course Oct. 17-20 from 8:30 a.m.-4:30 p.m. in bldg 1117, room 302B. This course is mandatory for casualty assistance officers and casualty notification officers and required for duties sergeant first class and above. Seating is limited to 30 participants on a first-come, first-served basis. Call 526-5613/5614 or e-mail casualty.g1@carson.army.mil for more information.

Ethics training — The Office of the Staff Judge Advocate will conduct annual ethics training courses at McMahon Theater on the following dates:

- Wednesday at 9:30 a.m. and 1:30 p.m.
- Thursday at 1:30 and 3 p.m.
- Nov. 2 at 9 and 10:30 a.m.
- Nov. 3 at 1:30 p.m.
- Nov. 6 at 9:30 a.m.
- Nov. 7 at 1:30 p.m.
- Nov. 8 at 9:30 a.m.

This training is mandatory for all Department of the Army civilians and military personnel and must be completed by Dec. 31. Attendance in one session is required and units containing more than 100 people can arrange to have their own training session conducted. Contact Lorraine Sirois at 526-0538 or lorraine.sirois@carson.army.mil for more information.

Finance in and out processing — The in and out processing section of finance has consolidated its operations on the second floor of bldg 1218. Travel and accessions moved from the first floor of bldg 1218 to the second floor.

Customers for in and out processing should go to room 230 in bldg 1218, sign in and wait for a technician. Phone numbers remain the same: Separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in and out processing 526-6230.

ACAP relocation — The Army Career and Alumni Program Center has moved to bldg 1117, room 114. Soldiers should use the southwest entrance. Hours of operation are 7:30 a.m.-4 p.m.

Veterans Administration relocation — The VA is now located in bldg 6220 on the first floor.

Harmony in Motion auditions — Harmony in Motion will hold auditions for sopranos, altos, tenors and basses. Auditions will be held daily at the Freedom Performing Arts Center, bldg 1129, from 9 a.m.-noon and 1-4 p.m. Visit the Web site at www.carson.army.mil/harmony for more information.

Casualty and Mortuary Affairs offices move — Fort Carson's Casualty and Mortuary Affairs offices have moved to bldg 1218, rooms 164, 165 and 168. Telephone numbers remain the same.

TSP Pilot — Let the Thrift Savings Plan Pilot take the guesswork out of your TSP fund choice decisions (including the new L funds).

TSP Pilot's investment analysts give you optimized fund balance allocations you can plug into your TSP account Web site to maximize returns. A free issue is available.

Please allow a few moments for the page to fully load: <http://TSP-pilot.com>.

Environmental Health training — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on hot and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

DPW services — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.
- Elevator maintenance — Call Sharon Gayle at 526-1695.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

The Central Issue Facility has changed its operating hours. The CIF is no longer open to Soldiers on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

Inprocessing

Monday-Thursday from 7:30-10:30 a.m.

Initial issues

Monday-Thursday from 12:30-3 p.m.

Partial issues

Monday-Thursday from 12:30-3 p.m.

Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

Direct exchange

Monday-Thursday from 12:30-3 p.m.

Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

• **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

Military Occupational Specialty Library — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-

5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.


ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to bldg 1117, room 114. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.



"Better Opportunities for Single Soldiers"

BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

Dagger

From Page 5

battlefield. Under the new training model, Soldiers were not only taught to react to civilians, but to interact with and advise the ISF as well.

"What we taught at Fort Carson was 'here is your weapon and here is how you fire it,' but here we are teaching 'here is your weapon and here is how to fight with it, now go teach someone else how to fire it,'" Tillman said.

Tillman said another improvement to the course was the addition of language lab training. Fort Riley's operation section and security managers worked together with the Dagger Brigade to design a course that gives MiTT Soldiers a better understanding of the Iraqi language and culture. Cultural awareness allows American Soldiers to form a better bond with their Iraqi counterpart unit. The language lab is staffed by Iraqi nationals who work for the Defense Language Institute in Monterey, Calif.

The expansion of the training cycle also allowed more time for Soldiers to be trained in combat life-saving skills.

The new cycle increased the number of days MiTT Soldiers spent training in the Combat Life Savers course from three to four. According to Tillman, the enhanced CLS training teaches additional advanced lifesaving techniques and allows Soldiers to better accomplish CLS certification.

The additional training day features a situation training exercise designed to place Soldiers in a combat environment. Here, Soldiers must react to enemy fire, evaluate and treat casualties, call for fire support and arrange for medical evacuation all at the same time.

One of the most unique Dagger Brigade training

aids added to MiTT training is the Improvised Explosive Device training facility.

The facility is set up in a museum-like setting where Soldiers can walk through and view model IEDs which are currently being used against them in theater and learn how to react to them.

Tillman said another major improvement in MiTT instruction is the weapons training time the Soldiers can receive.

"When we expanded the training to the 60-day model, we added a day of training on each weapon system the Army offers instead of combining all weapons in one or two days."

To ensure MiTT Soldiers are prepared for their mission, the brigade also added a situation training exercise that tests the teams on what they can expect in theater.

"At the end of the MiTT training cycle, the brigade added a four-day capstone exercise designed to test Soldiers on how well they retained what they were taught and how well they trained their Iraqi counterparts," Tillman said.

The STX includes mock IED attacks, convoy operations and urban assault situations.

Although the Dagger Brigade has already significantly improved the training model, Tillman predicts there will be more changes in the future.

"The training model will continue to be updated as the situation in theater dictates," Tillman said, adding, "We want to send the best-trained, best-prepared Soldiers to theater as possible."

As the hand over of training authority for the MiTT mission transfers from the Dagger Brigade to the 1st Infantry Division, brigade officials said they believe they have "set up a training model that will be a successful platform to train all future foreign forces."

Tip leads to insurgents, cache

Multi-National Corps – Iraq PAO

BAGHDAD, Iraq — Iron Brigade Soldiers quickly acted on intelligence gathered from an Iraqi citizen to apprehend five suspected anti-Iraqi forces and find a cache of various munitions and weapons Monday.

A patrol from Company A, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, was informed by a resident of the village about a house used by AIF to coordinate attacks on Iraqi Security and Coalition Forces.

The patrol approached and surrounded the house. Five individuals were detained. Upon searching the house and surrounding area, the patrol found one PKC, four AK-47s, nine magazines, three mortar rounds taped together, one case of ammunition, two projectiles, one bandoleer and a sniper rifle with a scope.

The detainees were brought to Forward Operating Base Warhorse for further questioning.

World War II vets return to Carson

Story and photo by

1st Lt. Gregory J. Dorman

Fort Carson Public Affairs Office

Veterans of the 71st Infantry Division held a reunion at Fort Carson Sept. 22. This group of octogenarians was welcomed by Maj. Gen. Robert W. Mixon Jr., Division West, First U.S. Army and Fort Carson commanding general.

Maj. Kyle Rambo, operations officer for the senior mission command at Fort Carson, provided an overview of current operations while the veterans enjoyed lunch at the Elkhorn Conference Center.

Col. (retired) Hal Alguire gave a presentation on the planned Mountain Post Historical Museum. Alguire explained the impact that the museum will have on the heritage of the 71st Infantry Division. Reunion Coordinator Cal Rogers made the first contribution to the center's 71st ID collection when he presented Alguire with a copy of the "Red Circle March." The "Red Circle March" is a musical composition commissioned by the veterans to commemorate the achievements of the division during World War II.

The 71st ID was activated at Camp Carson July 15, 1943. This light infantry division was organized as a mountain division with 9,000 Soldiers and 1,800 mules. Trained at the Mountain Post, the unit grew to almost 16,000 personnel before it was sent to Europe in 1944. After being reorganized as a mechanized infantry division, the 71st ID fought from France to Austria and was involved in the liberation of more than 80 concentration camps. The 71st ID is known

as the "Red Circle Division" for the distinctive red border on the division patch.

Following the presentations at the Elkhorn, the group moved to the Close Combat Tactical Trainer center for an opportunity to experience the latest technology available to train Soldiers. After viewing an informational video about CCTT, Soldiers from the 2nd Brigade Combat Team (Forward), 4th Infantry Division, were paired up with the visiting

veterans and took them to the Bradley Fighting Vehicle and Abrams Tank simulators. Reunion members were given the opportunity to maneuver and fire at simulated targets.

As they departed, the reunion's buses drove slowly down Fort Carson's Heritage Row so all could see the large 71st ID sign that stands in its rightful place among the other divisions that have served the country and called the Mountain Post home.



Charles Harrison, left, and Jerome Harrington share a laugh with Sgt. Jeremy Dewell inside the Bradley simulator at Fort Carson's Close Combat Tactical Trainer site.

No place for sexual harassment in the U.S. Army

by Phil Manson

First United States Army Public Affairs

FORT GILLEM, Ga. — “Sexual harassment in any form will not be tolerated in First U.S. Army. It is a form of discrimination, and we’ve come too far as an institution to still be discriminating!”

These are the no-nonsense words of First U.S. Army Command Sgt. Maj. Marvin L. Hill with regard to sexual harassment in the Army.

Army Regulation 600-20, 7-3 states in part: “The policy of the Army is that sexual harassment is unacceptable conduct and will not be tolerated. Army leadership at all levels will be committed to creating and maintaining an environment conducive to maximum productivity and respect for human dignity.”

Now that may seem like a no-brainer, but as more military jobs open to both men and women and everyone is vital to winning our war on terrorism, prevention of sexual harassment is key to maintaining good order and discipline in the Army.

According to AR 600-20, 7-4, sexual harassment is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature between the same or opposite gender.

Categories of sexual harassment listed in section 7-5 are:

- **Verbal:** Examples are telling sexual jokes, using sexually explicit profanity, “wolf” whistling and even using such terms of endearment as “honey,” “babe,” “sweetheart,” “stud”

or “hunk” in referring to Soldiers or civilians.

- **Nonverbal:** Examples are leering (also called “undressing someone with one’s eyes”), blowing kisses, winking and even displaying sexually-oriented printed material, e-mails or screen savers.
- **Physical contact:** Probably the best known type of sexual harassment includes touching, pinching, bumping, cornering, blocking a passageway or giving unsolicited back or neck rubs.

There are two types of sexual harassment: “quid pro quo” and “hostile environment.”

Quid pro quo is a Latin phrase meaning “this for that.” Simply put, it refers to conditions placed on a person’s career (military or civilian) or terms of employment in return for sexual favors.

A hostile environment occurs when Soldiers or civilians are subjected to offensive, unwanted and unsolicited comments or behavior of a sexual nature that unreasonably interfere with their work performance.

“Everyone needs to be on the lookout for sexual harassment,” Hill said. “If you see it, stop it! There is no gray area. If you witness sexual harassment and do nothing to stop it, you are part of the problem and you will be held accountable.”

Educating the force is the best way to end sexual harassment, according to Hill.

“Recruiting is hard enough. Parents don’t send their kids to the Army to be harassed by their leaders,” Hill explained. “All units are required to conduct progressive, interactive sexual harassment training

twice a year. Soldiers must understand what it is, how to recognize it, how to prevent it, how to report it and the consequences of engaging in sexual harassment. If your unit is short of Equal Employment representatives, we will get a military training team to you and train as many as are needed.”

Hill added this very pragmatic approach to sexual harassment:

“If you wouldn’t say it to your mother or your sister, then don’t say it at all.”



Personnel recovery training to begin for all Soldiers

by J.D. Leipold

Army News Service

WASHINGTON — The Warrior Ethos, “I will never leave a fallen comrade,” makes clear the Army’s commitment to recover Soldiers, Department of the Army civilians and its contractors should they be lost, isolated, missing, detained or captured while in an operational environment.

Beginning in November, the Army’s Personnel Recovery Branch will kick off formal personnel recovery training to all units slated for deployment. The goal is to train all Soldiers in personnel recovery tactics, techniques and procedures within the next 24-48 months, according to Col. Timothy Waters, chief, Personnel Recovery Branch.

“The chief of staff of the Army and the director of the Army staff find personnel recovery training to be a vital requirement for every operations plan,” said Waters. “Even though we can train all Soldiers initially, training will have to be maintained.

“Personnel recovery training will be included in all Soldier readiness programs, in unit training, drill schedules for the Reserve and National Guard, and in monthly training schedules for the active component so it becomes second nature,” he said.

Personnel recovery training will eventually be taught at basic and advanced individual training, as well as officer basic and advanced training.

In the past, personnel recovery was relegated to a specific force, but publication of Field Manual 3-50.1, “Army Personnel Recovery,” makes it official doctrine that applies to all Soldiers. This is a significant change, Waters said, because now a procedural system will be in place that is understood at individual to command levels.

NORAD, USNORTHCOM host security conference

by Chief Petty Officer Susan Hammond

NORAD-USNORTHCOM Public Affairs

PETERSON AIR FORCE BASE, Colo. — U.S. Northern Command, the North American Aerospace Defense Command and the Transportation Security Administration hosted the second annual Interagency Aviation/Transportation Security Conference Sept. 6-8.

As the nation remembered the lives lost or changed forever five years ago in the Sept. 11 terrorist attacks, the conference focused attention on enhancing security and ensuring such atrocities never occur again on American soil.

With hundreds of federal, state and local agencies and offices responsible for providing safe transportation, coordination is challenging and critical. For those reasons, NORAD and USNORTHCOM’s Interagency Coordination Directorate, Joint Interagency Coordination Group, and TSA brought together representatives from 33 U.S. and Canadian agencies to discuss government and private industry responsibilities in identifying threats and coordinating tasks to mitigate those threats.

More than 120 security partners participated in the conference.

“We could ensure 100 percent security in transportation,” said Dave Fulton, “but that would close down commerce and our way of life.” Fulton, the conference coordinator, is TSA’s resident agency representative at NORAD and USNORTHCOM.

TSA’s mission is to protect the nation’s transportation system to ensure freedom of movement for people and commerce, he said.

Canadian Forces Lt. Gen. Eric A. Findley, NORAD deputy commander, opened the conference with the words, “Not on our watch,” and encouraged the audience to remember that any hole in

security will be exploited.

“The conference covered all our objectives,” said U.S. Coast Guard Capt. Kurt W. DeVoe of NORAD and USNORTHCOM’s Interagency Coordination Directorate.

“First, we had tremendous information sharing. It was an excellent opportunity to have representatives from the different agencies share how they fit into the big puzzle.

“Secondly,” DeVoe continued, “it was important to build relationships, to meet the players before a crisis, and to put faces to names and agencies.”

Agencies represented at the conference included the Federal Aviation Administration, Customs and Border Protection, Federal Air Marshal Service, United States Secret Service, U.S. Coast Guard, Federal Bureau of Investigation, Transport Canada Air Intelligence, Canadian Air Marshals, as well as various U.S. Department of Defense and Government of Canada commands.

Conference briefings included such topics as aviation security operations, surveillance of airspace, flight restrictions, the “no-fly” list, law enforcement interdiction, hijacking response procedures, freight, cargo, highway and motor carrier overviews, mass transit and pipeline security.

DeVoe said the next conference will focus on specific issues and how all modes of aviation and transportation are intermixed.

GOT NEWS?

Call 526-4144 or
e-mail details to:

Mountaineereditor@carson.army.mil

COMMUNITY

Caring for critical curves

Compiled by Karen Linne
Mountaineer editor

October is National Breast Cancer Awareness Month. NBCAM has educated women about early breast cancer detection, diagnosis and treatment for more than 20 years. Breast cancer is the leading cause of death in women 40-49. It is second only to lung cancer in death among women.

Female breasts begin to develop when girls are between the ages of 10 and 14, yet they continue to change in size, shape and texture over time. Cosmetic surgery aside, hormones, age, pregnancy, breastfeeding and menopause all play a role in changing and reshaping the breasts. As beautiful as breasts may be on the outside, inside they're composed of muscle, fat and milk lobes and ducts. The milk ducts converge to form the nipple, which is surrounded by the areola. Both are usually darker in color than the rest of the breast tissue. Blood vessels nourish breast tissue and are assisted by the lymphatic system in keeping breast tissue healthy. Many women, when they experience changes in their breasts, fear cancer — yet there are a number of noncancerous (benign) conditions that can occur throughout a woman's life.

Breast infections (mastitis)

Just as you can develop an infection in many parts of your body, you can develop infections in your breasts. Infections are most common when your breasts are producing milk (lactating). If you're breastfeeding an infant, you can prevent infection by making sure you:

- Properly position the baby's mouth around the nipple and areola
- Keep your nipples clean and dry at all times
- Use a "safe for mom and baby" cream on your nipples and areola such as lanolin to heal dry and cracked nipples

Also, don't wait too long between feedings, miss feedings or wean your child abruptly — these can all contribute to breast infections.

Infections usually occur in just one breast and are first noticed as tenderness and redness. If infections are left untreated, you may begin to experience chills, fever or overall flu-like symptoms. Tell your health care provider right away if you think you have a breast infection. Prompt treatment with antibiotics can prevent complications such as a breast abscess. A supportive bra, heat and/or cold applications and pain relievers can also help. If you're lactating, often you can continue to breastfeed while you're being treated for a breast infection.

Finding a lump

Finding a lump either by breast self-examination or by mammography can be terrifying. But not all lumps are cancerous. Noncancerous conditions are more common, can occur in breasts as early as teen years, and include fibrocystic changes and what's called fibroadenomas. Half of all women experience fibrocystic changes — the most common cause of breast lumps in women between 30 and 50. Other names for fibrocystic changes include:

- Fibrocystic disease
- Cystic disease
- Chronic cystic mastitis

Fibrocystic changes aren't really a disease. Rather, they're the normal breast tissue's response to fluctuations in the female hormones estrogen and progesterone. These cysts can feel like a tiny bead or

be as large as a golf ball. Larger cysts will normally feel firm, smooth, movable and tender. Cysts usually become larger just before a woman's menstrual cycle and decrease in size with the start of menstruation.

If you have fibrocystic breasts, you may find relief from the changes and discomfort with a good support bra and by using heat on sore areas of the breast. It also helps if you reduce your caffeine intake and add a daily dose of vitamins E and B complexes. Yet it's important to note that if you find that the lump(s) you're feeling don't respond to the hormonal changes of your menstrual cycle, you should have your health care provider examine them — you may need to have some of the fluid drained from the cyst to relieve discomfort.

Fibroadenoma (benign tumors)

Another noncancerous condition of the breasts is called fibroadenoma, which is benign growths of connective tissue that don't attach to the surrounding breast tissue. These lumps usually feel firm and hard but not fluid-filled, like cysts. If you find such a lump, you'll notice that you typically can move them easily, and they aren't painful. Again, with any lump, it's important to tell your health care provider so that the lumps can be examined by diagnostic tests such as mammography, ultrasound and/or biopsy. These tests can determine if you have a fibroadenoma or cyst.

Breast cancer

Breast cancer, like any other form of cancer, is abnormal and uncontrolled cell growth. Women often receive conflicting information about the risks of breast and lung cancer:

- Breast cancer is the most common site of cancer in women
- It's also the leading cause of cancer death in women 20-59 years of age in the U.S., the leading cause of cancer death in female Hispanics and the leading cause of female cancer death worldwide
- Lung cancer is the leading cause of cancer death in women over age 59

A new case of breast cancer is diagnosed in the

U.S. every two minutes, and a woman dies from breast cancer every 13 minutes. Some 203,500 new invasive cases of breast cancer are expected to occur among women in the U.S. in 2002, and about 40,000 women will die of breast cancer this year. While breast cancer does not occur in men, they represent less than 1 percent of all breast cancer cases.

Researchers don't know what causes breast cancer, but they believe breast cancer develops through the interaction of risk factors with linkages that are genetic, environmental and viral. Certain ethnic groups such as Ashkenazi Jews, have a higher incidence of breast cancer. Abnormalities in the breast cancer genes BRCA1 and BRCA2 have been linked to a higher incidence of breast cancer. Breast cancer is also found to be higher in women in certain parts of the U.S., such as Long Island, N.Y., New York City and the Philadelphia-metro area.

Western industrialized countries such as the United States, have a higher incidence of breast cancer than do countries in Africa and Asia. Even though experts don't know at this time what causes breast cancer, some of the factors that place women at higher risk are known (see Assessing your risk factors). Some of these risks are controllable, others are not.

The greatest risk is being female, since about 99 percent of all breast cancers occur in women. The second greatest risk factor is age. More than 85 percent of breast cancers occur in women over age 45. Many elderly women think they're at a decreased risk for breast cancer because they're no longer breastfeeding, having menstrual cycles or, perhaps, sexually active. But a woman's risk for breast cancer actually increases as she ages, with the least amount of risk for women in their 30s, moderate risk by 50 and highest risk in the elder years.

The third major risk factor for breast cancer is a positive family history, especially if the cancer was present in the mother, sister or aunt. However, a negative family history can be falsely reassuring: Four out of five (80 percent) of breast cancer cases occur in women with no family history.

If you fall into what's considered a high-risk category for breast cancer (family or genetic disposition), you may be a candidate for taking a drug called tamoxifen or other selective estrogen-receptor modulators, to reduce breast cancer risk. If you're concerned about your breast cancer risks, talk with your health care provider about what you can do, including taking medications, to reduce your risk.

Research has shown that women can reduce their risks for breast cancer by eating a healthy, low-fat diet, limiting or abstaining from alcohol, not smoking, exercising regularly and maintaining a body weight within healthy, body-mass index ranges.

Early detection

Currently, there's no way to prevent breast cancer from developing — although there are plenty of ways to diminish cancer risks. Early detection is the key so that treatment can begin soon enough to protect

Assessing your risk factors

Controllable risk factors include:

- Being overweight with a body mass index outside of healthy ranges
- Diet high in fat or caloric content
- Heavy consumption of alcohol
- Cigarette smoker
- Little or no exercise

Don't let the bed bugs bite

*Center for Health Promotion
and Preventive Medicine*

For those of you who thought that bed bugs were fictional creations that existed only in children's rhymes, you will be surprised that bed bugs are back.

In fact, bed bugs (*Cimex lectularius*) have always been with us, but until recently they were rarely seen in homes and hotels in the United States. During the last few years, bed bug infestations have been reported in hotels in at least 27 states (though they are almost certainly present in all states).

Hotels reporting bed bugs include some four- and five-star hotels. Bed bugs appear to be indifferent as to whom they bite — wealthy and poor are equally tasty. Bed bugs have also become more common in homes as travelers bring them home from hotels, motels, dormitories and other temporary residence locations.

Bed bugs are small yellow to brown bugs that are somewhat oval shaped and flattened. They are considered wingless, but may have small wing buds. After feeding, they may appear plumper and reddish-brown. These bugs have a very distinctive odor and when numbers in a room are high, this odor can help identify their presence.

Why bed bugs are becoming more common again is a matter of some debate. However, it is likely that it is due to increased travel by many Americans and a reduction in indoor pesticide use in the United States. Long-acting pesticides like DDT have been replaced by safer and more environmentally-friendly pesticides for control of indoor insect pests and these newer pesticides are typically applied in more limited quantities.

While you may not be able to avoid these bugs while traveling, there are some actions that you can take to reduce your exposure and prevent

transporting them home. Bed bugs are generally found in close proximity to the bed (under mattresses and box springs, hiding under or behind night stands, in cracks and crevices on the wall and floorboards).

These are the places that you should first examine for bed bugs. If you see bed bugs or small red spots (stains left by the bugs) at these locations, contact the hotel management to report your findings and ask for another room. Never lay clothes out on the bed or other room furniture. Keep them in your suitcase or hang them in the closet. Suitcases should not be placed on the floor — place on closet shelves or suitcase holders. Finally, when returning home, immediately wash all clothing that had accompanied you on the trip even if you did not wear it.

If you find bed bugs in your home, contact a professional pest control company to treat your home. Make sure the company you hire has had experience with controlling bed bugs.

They should do a thorough inspection of all sleeping rooms in your home, and if infestations are severe, may recommend removal of mattresses and box springs as bedding materials should not be treated with pesticides.

Editor's note: This article is reprinted from a United States Army Center for Health Promotion and Preventive Medicine-West newsletter.



Community briefs

Miscellaneous

Memorial service — A memorial service for Pfc. Nicholas Madaras, Headquarters and Headquarters Company, 1-68th Combined Arms Battalion, will be held Oct. 4 at 1 p.m. at Soldiers' Memorial Chapel. Madaras was killed in the line of duty in Iraq.

Nurses' group offers continuing education — The Non-Practicing and Part-time Nurses' Association will present a program entitled "What it Means to be a Trauma Nurse," on Wednesday from 7-9:15 p.m. at the YMCA Garden Ranch Center, 2380 Montebello Drive W. (two blocks west of Academy Boulevard on Montebello Drive). Two continuing education contact hours will be given. For more information call Betty Lou Avinger at 599-7588 or Jean Sanger at 592-9311.

MOAA dinner and presentation — The Military Officers Association of America, Pikes Peak Chapter, invites all active and retired officers to a presentation by Col. Berry, who will discuss U.S. security interests in both Northeast and Southeast Asia. A question-and-answer period will follow. Social begins at 6 p.m.; dinner will be at 6:30 p.m., Oct. 6, Peterson Air Force Base Officers' Club. For reservations contact Karin Manning at 574-1986.

Fort Carson community blood drive — Oct. 19 from 10 a.m.-3 p.m. at the Elkhorn Conference Center. For more information or to schedule an appointment, contact the Bonfils Appointment Center at (800) 750-4482, ext. 1.

Career fair — The Employment Readiness Program hosts a career fair Oct. 27 from 11 a.m.-2:30 p.m. at the Special Events Center, bldg 1829. This event will focus on assisting military spouses, family members, transitioning service members, National Guard, Reservists and retirees in finding employment. Bring a resume. Contact Army Community Service at 526-4590 for more information.

Make a Difference Day — Fort Carson will participate in Make a Difference Day Oct. 28 from 8 a.m.-4 p.m. with general beautification of the three reservoirs on Fort Carson. To register visit www.volunteerpikespeak.org/volunteer/news/make-a-difference or contact Army Community Service at 526-4590 for more information.

Switch from air-conditioning to heating — Fort Carson Support Services will begin the seasonal transition from cooling to heating Monday. Tentative transition schedule is subject to change as weather dictates. Monday-Oct. 6 — child care centers, medical buildings, community service facilities and dining facilities. Oct. 10-17 — living quarters and all buildings located in the following blocks: 800, 900, 1000, 1100, 1200, 1300, 1400, 1500, 1600, 1800, 1900, 2000, 2100, 2200, 2300, 2400, 2500, 2600 and 9000. Oct. 18-26 — warehouses, motor pools and all remaining buildings. For more information contact FCSS at 526-5345

or Terry Hagen at 526-9262.

Fort Carson Fire Fighters Association donations-only carwash — Special Events Center Sept. 30-31 from 10 a.m.-2 p.m. Ten percent of profits will go to various local support groups, the remainder will benefit the Fort Carson Fire Fighters Association.

Toddler Time — Army Community Service's New Parent Support Program is sponsoring Toddler Time which includes games, crafts, songs and stories for ages 18 months-3 years on Thursdays from 10-11 a.m. between Oct. 19-Nov. 16 at Family University, bldg 1161. Call 526-4590 to register between 8 a.m.-3:30 p.m. or leave a message at 526-6440.

Teen Scene — Evans Army Community Hospital hosts a program for teenage mothers and moms-to-be the second Wednesday of each month in the third floor conference room. For more information call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Ongoing road closures — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

Sustainability conference — Fort Carson's fifth annual Community Sustainability Conference and Exposition will be held Nov. 8-9. The topic is "Gaining Irreversible Momentum for Regional Sustainability." An ice breaker will be held Nov. 8, and the conference will be held Nov. 9. Visit the Web site at <http://sems.carson.army.mil>. Register for the conference on the Web site.

Prevention of hantavirus urged — The recent death of a man camping in El Paso county is a reminder of the threat hantavirus poses to the region's residents.

Hantavirus is a serious viral illness caused when people breathe in the dried urine, feces or saliva of infected deer mice. Deer mice and hantavirus are common in El Paso county. Some steps to avoid coming into contact with the virus include:

- Rodent-proof homes and buildings to keep mice out.
- Eliminate rodent food supplies and hiding places.
- When cleaning rodent-infested structures use special precautions such as airing out rodent-infested buildings or areas at least 30 minutes before cleaning.
- Do not sweep or dry vacuum rodent contaminated surfaces.
- Use a solution of household bleach (one cup per gallon of water) to disinfect area. Wear disposable gloves and mask when cleaning.
- When camping or sleeping outdoors, avoid sleeping near rodent droppings or burrows. Sleep in tents with floors, above ground or

on a ground cloth.

For more information visit the Web site at www.elpasocountyhealth.org or call 578-3199.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at 390-8096 or 510-6009.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at the Colorado Inn, bldg 7301, room 203, at 7 p.m. Wednesdays. For more information call 322-9766 or 471-1625.

West Nile Virus precautions — Post residents should eliminate mosquito breeding sites on post by removing standing water in ponds, gutters, flower pots, cans, tires and puddles, as well as garden equipment, toys and pool covers. Water in bird-baths and wading pools should be changed weekly.

Dead birds should be reported to Directorate of Environmental Compliance and Management at 526-5141 during duty hours or military police at 526-2333 during nonduty hours.

Plague watch — The Directorate of Environmental Compliance and Management issued a plague watch July 20 as a result of excessive prairie dog die-off in several colonies near Butts Army Airfield and to the west along Wilderness Road. Until further notice, residents are advised to stay clear of the areas around Butts Army Airfield and Wilderness Road.

Plague is a disease transmitted primarily through the bite of infected fleas. Prairie dogs, wood rats and other species of ground squirrels and chipmunks can carry infected fleas. The fleas also move easily from wild animals to domestic pets. Report dead animal findings to DECam Pest Control at 526-5141 or the Wildlife Office at 524-5393/5394.

Claims against the estate — Those with claims of indebtedness to the estate of Sgt. James Worster, deceased, should contact Capt. Rainier Gonzales at 526-6575.

• Those with claims of indebtedness to the estate of Sgt. Randle White, deceased, should contact 1st Lt. Christian Hasbach at 524-4441.

• Those with claims of indebtedness to the estate of Pfc. Nicholas A. Madaras, deceased, should contact 1st Lt. Jared W. Souder at 330-3547.

Housing

From Page 1

housing officials want to improve "curb appeal," so shutters will be added and some homes will get front porches.

The FCFH and Fort Carson team have been coordinating and getting the necessary approvals from bankers, lawyers, architects, land planners, air-conditioning companies and Department of the Army and the

Office of the Secretary of Defense.

Air conditioning

All new homes will receive air conditioning at the time of construction. Central air conditioning will be added to all of the 1,823 pre-existing homes, those homes constructed before 2000.

If there is a down side to air conditioning it's that the very size of this project prevents us from installing

1,823 air-conditioning units in a single year. Junior enlisted housing will receive air conditioning first, followed by junior NCOs, senior NCOs, company grade officers, field grade officers, and finally senior officers.

Getting air conditioning approval was a multi-year battle. The battle was won because 24 percent of Fort Carson residents completed the Resident Satisfaction Survey in

spring 2006. The survey showed that air conditioning — or lack thereof — was an important resident issue. Residents spoke. Fort Carson and DA officials listened.

Editor's note: Read upcoming editions of the *Mountaineer* for more information about air conditioning and other improvements to family housing.

Delegates needed for AFAP conference

by Rebecca E. Tonn

Mountaineer staff

The Army Family Action Planning conference will be held Nov. 7-8 at the Elkhorn Conference Center. This is an opportunity for Soldiers and family members to address quality-of-life issues important to them. Thirty-five delegates — family members, civilians and retirees — are still needed.

"We need people who are committed to implementing change," and who want to benefit a diverse Army community, said Nancy Montville, Family Enrichment Program manager.

AFAP's purpose is to improve the quality of military life.

"We feed into the bigger picture, at the FORSCOM (Forces Command) and DA (Department of the Army) levels. We send delegates to their conferences," Montville said.

AFAP is currently collecting issues for the conference and five groups of delegates will work to prioritize them. The issues that can be resolved will stay here. Others will be moved to FORSCOM or DA levels. The garrison commander's steering committee meets quarterly to ensure resolution of local issues, which remain active for up to three years, Montville said.

"Individuals can make a difference," she said. "We've had success with the issue of retroactive GWOT (Global War on Terrorism) survivor benefits, which was initiated here at Fort Carson. They retitled it and prioritized it to number one ... for the DA conference, the week of

Nov. 13. Someone here started that," Montville said.

Another local success is the distribution of

Operational Security pamphlets and a schedule of planned OPSEC briefings open to spouses. Terrence Wimberly, operations security specialist with the Directorate of Emergency Services, is available to speak at family readiness group meetings.

And Child and Youth Services now offers weekly middle school and high school nonclinical deployment groups. Delegates can make a difference in the Fort Carson community. "We are looking for people of all walks of life who are willing to represent a cross section of the community," Montville said.

Better Opportunities for Single Soldiers is having its focus group and will prioritize single Soldier issues for the AFAP conference Oct. 24 at the Elkhorn.

For updates on current issues, go to www.myarmylifetoo.com and click on "AFAP."

For more information on being a delegate, contact Montville at 526-0460/4590, or e-mail Nancy.Montville@carson.army.mil. Wimberly can be reached at 524-2293. CYS deployment groups meet Thursdays from 4:30-5:30 p.m. at the Youth Center, bldg 5950. Youth participants must be enrolled with CYS.

If you want to be an AFAP delegate:

Delegates must attend the conference Nov. 7-8, from 8 a.m.-4:30 p.m. and one of the following training sessions: Oct. 18 or 25 from 9-11:30 a.m. or 1-3:30 p.m.

Free child care, with prior arrangements, will be offered at the training sessions and the conference. Lunch will be provided both days of the conference.

Caring

From Page 11

your health and life. Essential to early detection is:

- Performing monthly breast self-exams
- Obtaining mammography screenings
- Seeing your health care provider for clinical breast exams

It's essential to practice all three of these breast health behaviors — not all breast cancers present the same. Each type of breast cancer has its own characteristics. Most breast cancers grow slowly, and may remain in the breast for as long as five to 10 years, if not longer, before becoming large enough to detect — even by mammography. A few breast cancers grow quickly. Some are easy to feel and some are hard to identify. This three-pronged strategy, recommended by the American Cancer Society, combines the best resources (you, technology and health care professionals) for more timely detection of all breast cancers.

When detected early, five-year survival rates from breast cancer are close to 97 percent. Women with early-detected breast cancers can live an average life span and eventually die from causes other than breast cancer.

For more information on breast cancer visit the following Web sites: www.ibcresearch.org, www.cancer.org, www.cancer.gov, www.komen.org.

Piñon Canyon expansion explained

by Karen Edge

Piñon Canyon outreach coordinator

If you look at the proposed expansion of the Piñon Canyon Maneuver Site as a three-phase process, it is currently in phase one. Fort Carson officials have identified training land requirements and made them known to the Department of the Army that has, in turn, made them known to the Department of Defense.

If the Department of Defense validates Fort Carson's need for additional training land, a waiver to proceed with the actual planning will be granted and funding made available for the initiation of an Environmental Impact Statement and the National Environmental Policy Act process. Development of an EIS involves a transparent, public process that affords multiple opportunities for public participation and comment. Evaluation of environmental as well as socioeconomic impacts of any proposal to expand PCMS would occur during the NEPA process. After the EIS is complete, it will result in a record of decision which will be reviewed by Congress.

Finally, an acquisition would require authorization and appropriation in multiple,

consecutive authorization and appropriations acts, and land acquisition would occur over a number of years, ensuring Congress' continuing oversight of the process.

The Army has a responsibility to make its training requirements known to the federal government, as Fort Carson has done. Local elected representatives, in turn, have the responsibility to determine when the Army's requirements supersede the needs of other national programs or of individual citizens.

Elected officials will play a key role in authorizing the Congressional funding necessary to ensure that critically-needed training land at the Piñon Canyon Maneuver Site can be purchased. Although a wide range of Army installations would benefit from additional land, it is local political support and the availability of land that determine whether any land can be acquired.

Fort Carson's need for additional training land comes from its responsibility to train Soldiers prior to deploying them to combat zones, increased weapons technology, command and control improvements and many other variables to include enhancing the post's capabilities as a premier Power

Projection Platform — prepared to train, equip, re-set, deploy and redeploy active duty and Reserve component Soldiers.

Even groups adamantly against the proposed expansion state they support military training, and Army training doctrine determines the standards to which Soldiers must be trained. Based on that required training, the Army has a formula to calculate exactly how much land is necessary to meet training requirements. According to the results of a Land Use Requirement Study and an Analysis of Alternatives Study completed at Fort Carson, the need for additional land is undeniable. These documents are available for public review at www.carson.army.mil/rusag/pinon_canyon.html.

Fort Carson is obligated to provide the best training available to the sons and daughters of our great country, to ensure they are prepared to face any threat, anywhere. The Army belongs to all citizens; it is the United States Army. As "our" Army, its needs constitute our needs. The citizens of the United States, through their elected representatives, have a constitutional

See **Expansion** on Page 26



Photo by Doug Rule

Gospel chapel turns 35

The Fort Carson Gospel Chapel celebrated its anniversary Sunday with song and celebration at Prussman Chapel. Gospel services have been held in various chapels since 1971. The celebrations included performances by the combined Fort Carson-Air Force Academy-Peterson Air Force Base gospel choirs, the Fort Carson devotional team and the Praise Dancers. Chap. (Lt. Col.) Carl Young Jr., command chaplain at Fort Gillem, Ga., was guest speaker.

What's your excuse?

Compiled by Chap. (Maj.)
Cope Mitchell

1st Mobilization Brigade

Every once in a while something worth passing on comes over the Internet.

Below is something that has helped me keep my own faults, failings and circumstances in perspective.

It does not mean I should not work to change my life for the better. God has called us to be holy, but I like being reminded that God is bigger than anything that I have done or that has happened to me. God can still use even you and me if we love him (Romans 8:28).

No excuses.

The next time you feel like God can't use you, just remember:

- ⇒ **Noah** was a drunk ...
- ⇒ **Abraham** was too old ...
- ⇒ **Isaac** was a daydreamer ...
- ⇒ **Jacob** was a liar ...
- ⇒ **Leah** was ugly ...
- ⇒ **Joseph** was abused ...
- ⇒ **Moses** had a stuttering problem ...
- ⇒ **Gideon** was afraid ...

- ⇒ **Sampson** had long hair and was a womanizer.
 - ⇒ **Rahab** was a prostitute.
 - ⇒ **Jeremiah** and **Timothy** were too young ...
 - ⇒ **David** had an affair and was a murderer ...
 - ⇒ **Elijah** was suicidal ...
 - ⇒ **Isaiah** preached naked ...
 - ⇒ **Jonah** ran from God ...
 - ⇒ **Naomi** was a widow ...
 - ⇒ **Job** went bankrupt ...
 - ⇒ **John the Baptist** ate bugs ...
 - ⇒ **Peter** denied Christ ...
 - ⇒ **The Disciples** fell asleep while praying ...
 - ⇒ **Martha** worried about everything ...
 - ⇒ **Mary Magdalene** was, well, you know ...
 - ⇒ **The Samaritan Woman** was divorced ... more than once.
 - ⇒ **Zaccheus** was too small ...
 - ⇒ **Paul** was too religious ...
 - ⇒ **Timothy** had an ulcer ...
 - and
 - ⇒ **Lazarus** was dead.
- No more excuses now. God's waiting to use your full potential. Besides, you aren't the message, you are just the messenger.
- May God bless you.

Chapel

PWOC fall studies — Protestant Women of the Chapel meet Tuesdays from 9-11:30 a.m. at Soldiers' Memorial Chapel. Child care is provided free at the hourly day care center. Children must be registered with Child and Youth Services. Fall studies are under way and include several selections. Contact Amy West for information on child care at 393-1390. For information on PWOC call Barb Styles at 598-0422. A special room for home-schooled children is also offered.

Catholic Religious Education — Classes have started, but registration is ongoing at Soldiers' Memorial Chapel.

AWANA — Children matter to God. What is influencing your children? Today's children are influenced by so many things — the media, friends, school and video games. AWANA teaches children that God is real and that he loves them. AWANA clubs give children clear guidance in a world full of conflicting messages. AWANA is an international, nondenominational organization with a goal to reach children with the gospel of Christ and train them to serve him. The Fort Carson AWANA Club meets Thursday at Soldiers' Memorial Chapel from 5-7 p.m. Adult and teen volunteers are needed. For details call Stacy Chapman at 382-3970.

Native American sweatlodge — The sweatlodge was established on Fort Carson 11 years ago. The lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer and are sanctioned and supported by Fort Carson chaplains. Contact Charlie Erwin at 382-8177 or Zoe Goodblanket at 442-0929 for information.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCLIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Nelson & Martinez	Nelson & Martinez	Ms. Scheck/531-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Fritts/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

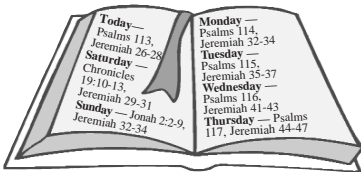
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177; or Zoe Goodblanket 442-0929. The next lodge is Sunday at noon.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — The Army Cycle of Prayer is not available this week.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com



U.S. Army Soldier Show Reveille: Answering the Call

by Tim Hipps

USACFSC Public Affairs

The 2006 U.S. Army Soldier Show, "Reveille: Answering the Call," will be presented Saturday and Sunday at McMahon Theatre.

"The entire idea came from the new Army motto: 'Call to Duty,'" said Soldier Show director Victor Hurtado. "Answering loudly and clearly with reasons why Soldiers join the Army. For our civilian audience, it may illustrate why people join. For our military audience, it might remind them why, what their initial reasons were and why they continue to serve."

The bottom line, however, remains the same: "Entertainment for the Soldier, by the Soldier," the working motto of Army Entertainment Division.

"We have some really strong voices and really strong performers so you might see some flash and splash," Hurtado said. "But you might be surprised by how powerful the 'less is more' is in the show, as well. Expect to find moments."

The curtain rises Saturday at 7 p.m. for the 90-minute song-and-dance extravaganza, and concludes Sunday with a matinee at 2 p.m. Admission is free and seating is unreserved.

In May, the 22-Soldier troupe then embarked on a six-month tour of about 100 performances on military installations across the United States, Italy and Germany.

Hurtado credits Army Entertainment Division's 1st Sgt. Taron Pierce for brainstorming the show's starting point of reveille. He also relies on the creativity of 17 Soldier-performers and five technicians before weaving their artistic strengths into a military storyline.

"With a show like this, a lot of it has to say something, but not all of it has to say something because at the end of the day we also have to entertain," Hurtado said. "Not every scene is going to start with the story of a Soldier. Sections of the show are just about new music or having a good time or just about fun."

Hurtado is reluctant to reveal the complete storyline. "So much of what the show is (about) will be illustrated at the beginning, but I really don't want to give it away," he said. "The show itself will fortify those bits and pieces."

Rhythm and blues, gospel and country music will be featured, along with new renditions of tunes released since the 1960s, coupled with ballroom dancing aplenty.

"I'm looking for our staff to come up with some original lyrical content that will say exactly what we want to say," Hurtado said. "We are an eclectic reflection of what comes to us at the moment. We're not married to anything."

Thirty to 40 songs were being considered a month before the opening show. The list of songs and scenes were not finalized until opening night, Hurtado said.

Eight veterans of the Army's Margaret "Skippy" Lynn Stars of Tomorrow Talent Contest and/or Military Idol are among the cast and crew that ranges in rank from private first class to captain.

Spc. Richard Sianoya of Fort Irwin, Calif., finished runner-up in the inaugural Military Idol competition. Spc. Serri Sheridan of Fort Polk, La., was best-of-show runner-up in the 2006 Stars of Tomorrow Contest and participated in Military Idol. First Lt. Sonya Moore of the California Army National Guard participated in both programs.

Sgt. Geno Nash of Fort Hood, Texas, and Spc. Adel Nammour of Yongsan, Korea, also competed in Stars of Tomorrow, along with Pfc. Jong Baek Yoon, a Korean augmentation to the U.S. Army. KATUSA Soldiers are

fully integrated into a U.S. Army unit and live, work and train with their American comrades.

"I just wanted the guy to come and represent his unit but it's turned into representing his entire country, the Republic of Korea," Hurtado said.

Yoon already has performed at the Korean Embassy in Washington, D.C.

Other Military Idol contestants include Staff Sgt. Deneen Murray of Camp Humphries, Korea, and Spc. Lucky Tagaloa of Fort Hood.

Hurtado spotted Hawaii Army National Guard Staff Sgt. Samuel Hesch during auditions for "Miss Saigon" and noted that he bypassed a role in "Cats" to perform in the Soldier Show. Spc. Elisabeth Graham of Fort Jackson, S.C., is a violinist, and Spc. Nina Kazibwe, stationed in Kitzingen, Germany, is a pianist.

1st Lt. Alisha Vaughn of Fort Stewart, Ga.; and Spcs. Maceo Keeling of Fort Lee, Va.; John Morris of Fort Huachuca, Ariz.; Alisha Osborne of the New York Army Reserves; Jessica Solorio of Wuerzburg, Germany; and Benjamin Piel of Yuma Proving Ground, Ariz., complete the list of performers.

Sgt. Kristen Austin of Fort Bliss, Texas, is the wardrobe technician. Capt. Christine Lancia of Fort Polk, La., serves as assistant stage manager. Sgt. Jemel Washington of Fort Lewis, Wash., handles video and audio. Spc. Daniel Murray of Fort Hood is an audio specialist. Spc. Bradford Cassels of Fort Bragg, N.C., mans the lights.

For the sixth consecutive year, the Army National Guard is the primary sponsor and partner of the U.S. Army Soldier Show, one of more than 50 programs provided to Soldiers and their families by the U.S. Army Community and Family Support Center. AT&T returns as a corporate sponsor for the third straight year.

Sgt. Irving Berlin wrote the first U.S. Army Soldier Show while on active duty at Camp Upton in Long Island, N.Y. "Yip Yip Yaphank" debuted on Broadway in 1918. During World War II, Berlin created another Soldier Show for Broadway: "This is the Army," which inspired a 1943 movie starring Ronald Reagan.

The United States Army Community and Family Support Center Presents

The United States Army

The Soldier Show 2006

Reveille: Answering The Call

AT&T MWR NATIONAL GUARD

An Army Entertainment Production

Time & Date: 7:00 p.m. - Saturday, 30 Sept., and 2:00 p.m. - Sunday, 1 Oct.

Location: McMahon Theatre — No tickets required. FREE and open to the public.



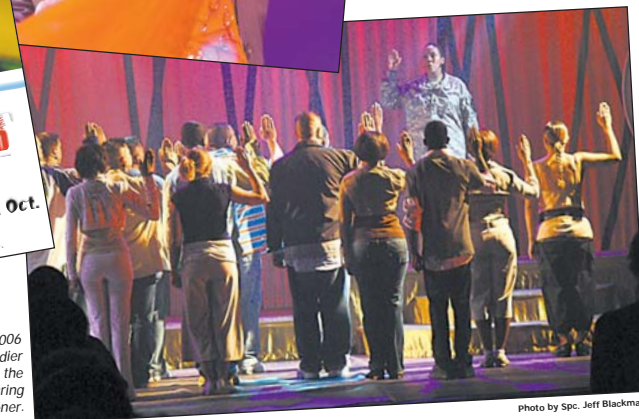
Photo by Spc. Jeff Blackman
Spc. John Morris lifts 1st Lt. Alisha Vaughn during "El Tango de Roxanne."



Photo by Spc. Jeff Blackman
Staff Sgt. Samuel Hesch and 1st Lt. Alisha Vaughn sing a duet during a performance of the Soldier Show.



Photo by Tim Hipps
Spc. Benjamin Piel of Yuma Proving Ground, Ariz., focuses on 1st Lt. Sonya Moore of the California Army National Guard during the U.S. Army Soldier Show's rendition of Kelly Clarkson's "Breakaway."



The cast of the 2006 U.S. Army Soldier Show answers the call to duty during the show's opener.

photo by Spc. Jeff Blackman

Save time, money with TRICARE's 'Mail-Order Pharmacy'

TRICARE Management Activity

Instead of heading to the pharmacy every month to refill your prescriptions, now might be a good time to think about switching to the TRICARE Mail-Order Pharmacy. Getting medications through the mail is one of the easiest changes you can make to save yourself time and money every month.

"We think the mail-order pharmacy is the best way to get medications that you'll be taking for a long time or the rest of your life," said Capt. Thomas J. McGinnis, U.S. Public Health Service, pharmaceutical operations directorate chief. "Getting them delivered to your home is convenient and cost-effective."

When you choose to receive

medications through the mail, you can save as much as 66 percent off what you now pay for your prescriptions at a retail pharmacy.

Money in your pocket

If you take prescription medications regularly for conditions such as heart disease, high blood pressure or diabetes, and want to avoid the expense of continually filling and refilling them at your local pharmacy, the mail-order option is for you. For every prescription you fill at a retail pharmacy, you pay a \$3 co-payment for generic medications and \$9 for brand name medications every month.

If you fill those same prescriptions through the mail-order pharmacy, your co-payments remain the same but you receive a 90-day supply for the same price. A year's supply of a single

generic medication costs you \$12 through mail-order instead of \$36 at a retail pharmacy.

How to sign up

Before your next prescription is written, tell your provider you want to use TRICARE's mail-order service to fill your prescriptions. Ask your provider to write two prescriptions: the first for a one-month supply to fill immediately at a local pharmacy, and the second — for a maximum 90-day supply — for submission to the mail-order pharmacy.

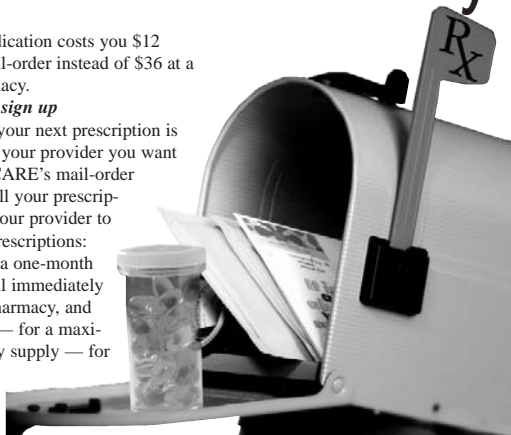
The first time you use the mail-order option you must fill out the

registration form (available by phone or online) and send it in with your prescription to Express Scripts, Inc. Along with your prescription(s) and registration, you must include a \$3 co-payment

for generic medications, a \$9 co-payment for brand-name medications or a \$22 co-payment for nonformulary medications for each prescription.

"Signing up for the mail-order pharmacy is easy," said Army Maj. Gen. Elder Granger, TRICARE deputy director. "Just fill out one form, mail it in and you're all set. Then you can either mail in your new prescriptions, or have your doctor's office fax them.

"Getting your prescriptions refilled is even easier with available online mail and phone options."



TRICARE's Mail-Order Pharmacy

In the U.S. and its territories — (866) 363-8667
Outside the U.S. and its territories — (866) 275-4732, option 5
TDD (for the deaf and hard of hearing) — (877) 540-6261
Express Scripts mailing address — P.O. Box 52150, Phoenix, AZ 85072-9954
Express Scripts online — www.expressscripts.com/TRICARE

Fall Fest offers variety, fun for all ages

Fort Carson Public Affairs Office

The Directorate of Morale, Welfare and Recreation hosted its annual Fall Fest Saturday at Turkey Creek Ranch.

This year's theme was an old-fashioned traveling medicine show. Ann Edinger of DMWR's Community Events Division described this year's fest as "eclectic."

With clowns, comedy acts, palm readers, bull rides and jousting, Edinger's description seemed right on target.

There was a craft area set up for children where they could make magic wands, tiaras, crowns and other works of art. There were pony rides, hay rides and trail rides available for all ages as well as a variety of food vendors.

Jim Jackson, clown and ringmaster of Incredible Circus, was on hand as were Mark Weidhass, who performed illusions and magic, and Eric West, who led an interactive music show featuring instruments from around the world.

Mercenaries Medieval Combat

Guild provided combat and armor displays and a paint-ball area was



Photos by Karen Linne

Above: Riding this "fake" bull isn't quite as easy as it seems; ask this Fort Carson family member, as he gets assistance from volunteers.

Left: Birgitta DePree, a period-costumed volunteer, greets a member of the Mountain Post at Saturday's Fall Fest.

Right: Emily Zapien, 7, enjoys a bite of cotton candy while little brother Jaymes, 4, looks on.



Preschoolers inspire child development associate

**Story and photo by
Michael J. Pach**

Mountaineer staff

You'll find child development associate, Patricia Richardson, in room 3rd Red of the Child Development Center where she's worked with 3-5 year-old children for the past 15 years. Also known as "Ms. Pat" to her students, Richardson works with two other staff members to support 30 children in a full-day preschool program.

Her students have inspired her to write two books that she has dedicated to the children of Fort Carson. Based on her experience, she saw the need to help children and other child development workers cope with certain recurring issues.

Her first book, "Mommy is a Soldier," was inspired by the feelings of a 4-year-old student who was upset about her mother's deployment.

"There is always some sacrifice that needs to be made when you leave children behind. Kids were very confused and angry, and I wrote about what it is like to be a mother in the military."

The challenge of teaching social skills to her young students inspired her second book, "Gillmore is a

Bullygoat." It teaches children to be nice to one another and how important it is to make friends.

Richardson earned a Child Development Associate credential through the Army's program for child development workers. Those who have experience working with youngsters and show a natural talent for child development are selected for the CDA program, and Richardson entered the program soon after starting work at the Child Development Center, since she already had three years of experience at a child learning center off post.

Richardson stresses the importance of the children's need for independent development since preschool students are just starting to figure out their personalities and want to express themselves. Richardson enjoys observing the progression of individual personalities as they develop.

She also teaches students appropriate ways of dealing with their emotions and to use words like "please," "thank you" and "excuse me" when interacting with others.

"You can be an A+ student or a genius all your life, but if you can't socialize or interact with others, you won't make it," said Richardson.

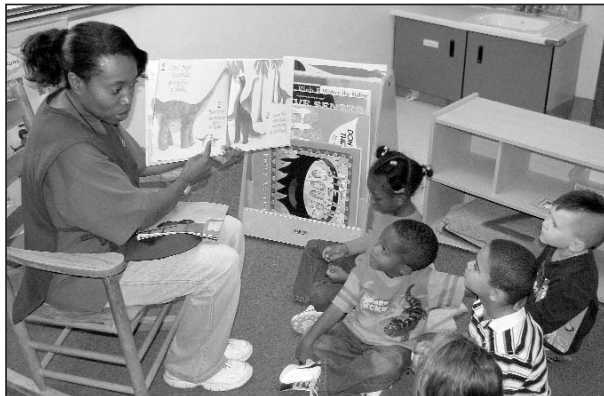
Richardson enjoys the occasional phone calls, visits and letters from her

former students. With so many years in child development, she is beginning to see former preschoolers turn into young adults, and it fills her with pride to hear of their accomplishments.

A recent highlight for Richardson was when she took her students to the Fort Carson Main Post Exchange so the children could make gifts for Mother's Day. The PX supplied all the materials the children used to plant

flowers in small pots. Although most of the flowers weren't standing upright by the time they got back to the Child Development Center, the mothers were thrilled with their gifts and Richardson was delighted.

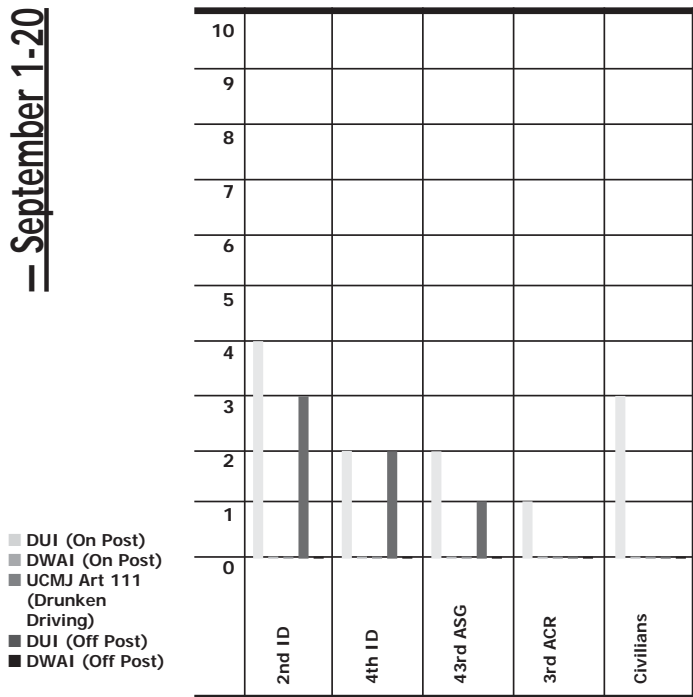
So what inspires Richardson to continue her work? "I stay here because it keeps me young. I learn something every day. The children teach me as much as I teach them," she said.



Patricia Richardson, left, reads a book to preschool students. Richardson is a 15-year veteran of the Child Development Center and author of two children's books.

Cited violations for DUI, DWAI, Article 111

— September 1-20



Expansion

From Page 16

responsibility to provide for the common defense, including training and equipping an Army.

The Army has training land shortfalls at virtually all of its major training installations. Although a large area of interest for potential land expansion was originally considered in southeastern Colorado, final Army analysis identified a 418,577-acre shortfall at Fort Carson/PCMS.

Army training doctrine is undergoing rapid changes as the nature of the Global War on Terrorism changes. This has resulted in the need for weapons systems with greater capability and longer range, and units that can be rapidly deployed and maneuver over great distances and large areas to achieve their objectives.

As a result, the Army must train Soldiers in the tactics, techniques and procedures they will face on this new battlefield. The Army must ensure that Soldiers receive realistic training in an environment that replicates

in real-time and real-distance, the challenges of combat.

To meet these training challenges, the Army will require additional training land at Fort Carson/PCMS.

Any future purchase of land will be dependent on a number of factors, including, but not limited to: land availability, Congressional funding, and environmental and socioeconomic considerations. These factors will impact the length of time necessary to complete any expansion and therefore, we are unable to provide an exact timeline or schedule at this point.

If expansion is ultimately approved and funded, Fort Carson will not act as a purchasing agent, but will be represented in the acquisition by the U. S. Army Corps of Engineers.

Information regarding the proposed expansion will be made public as it becomes available. For questions, contact the Fort Carson Piñon Canyon Outreach Coordinator, Karen Edge, at 526-5661.



Cheyenne Mountain State Park

Cheyenne Mountain State Park, located just outside Gate One across Highway 115, will open to the public **Saturday, 21 October 2006**. The Visitors' Center, trail head parking lot, comfort station and access to **20 miles of hiking and mountain biking trails** will be accessible at this time.

Entrance fees: \$5 daily, or \$55 for an annual pass, good at all Colorado State Parks.
Of special interest: **FREE admission for disabled veterans** displaying current Colorado D.V. license tags.

Other annual passes and concurrent price structures can be viewed at:

www.parks.state.co.us

under "Buy Your Pass."



For more information: **526-5366**

Fort Carson Family Child Care



Stay at home with your children and nurture the hearts and minds of all children while earning money!

Benefits of becoming an FCC Provider:

- Free training on Child Development and Business Practices
- Free Child Care during training classes
- Free starter kit
- Free use of the toy lending library

Initial orientation is conducted the first Friday of every month from 9 am - 10 am at Child & Youth Services, Building 5510 on Harr Avenue.

For more information call

Fort Carson

Child & Youth Services - Family Child Care **526-3338/1108**



Saddle up for a trail ride:

Horses head down the trail five times a day Wednesday through Sunday. Trail rides are for riders 7 years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905

Coming Attractions



featuring



- Digital Lounge
- High tech on-line gaming
- WiFi
- Coffee Lounge
- Sports Programming

Coming to the old Xtremes location, Building 1532

For information: **576-7540**



The Manitou Cliff Dwellings

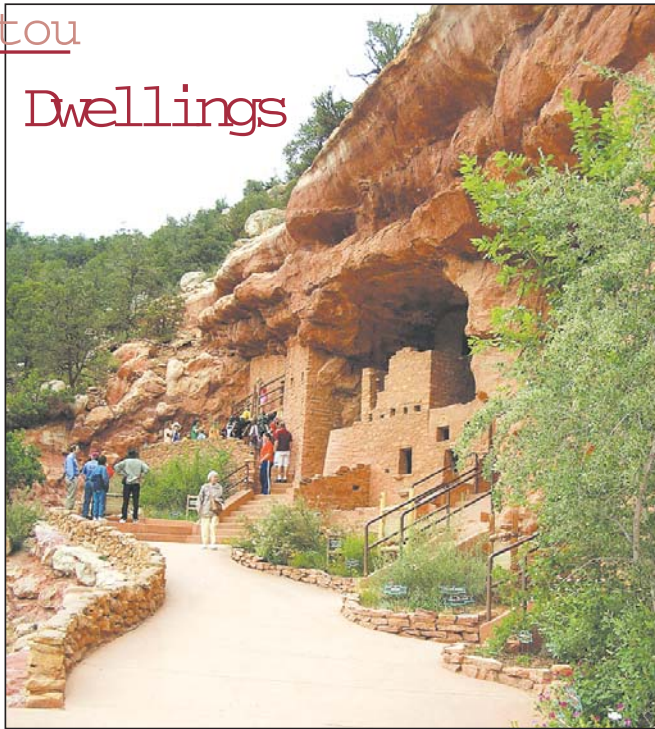
Anasazi history
is preserved in
Manitou Springs

Story and photos by **Net Lampe**
Mountaineer staff

The cliff dwellings in Manitou Springs are quite popular with tourists. The dwellings are more than 700 years old and are authentic cliff dwellings — but weren't originally built in Manitou Springs.

The Manitou Cliff Dwellings Museum opened in 1906, although the dwellings were originally built seven centuries ago in McElmo Canyon, in southwestern Colorado. The cliff dwellings are believed to have been occupied by the Anasazi people between 1100-1300 A.D.

In the early 1900s, artifacts were being pilfered and vandalized in the Colorado Four Corners area. A group of citizens in Manitou Springs and Colorado Springs were concerned that the ancient cliff dwellings would be destroyed and people wouldn't be able



Visitors explore the Manitou Springs Cliff Dwellings Museum. Several dwellings, a grain storage tower and a kiva are included.

to visit the ruins and learn about the ancient people who constructed the dwellings and lived there.

This group of citizens obtained these cliff dwellings, dismantled them, numbered every rock and brought the pieces to Manitou Springs by wagon. Property had been acquired for a permanent reconstruction site.

The dismantled cliff dwellings were painstakingly reassembled at the present site of the museum in Manitou Springs. The process took several years before the museum was opened to the public in 1906.

The Manitou Cliff Dwellings once housed several families, much like modern condominiums or townhouses. The rooms

are small, only about 6 by 8 feet with ceilings about 6-feet high.

Some of the rooms were accessed by ladders, which the inhabitants then pulled up into the dwelling, making the openings secure from intruders.

The Manitou Cliff Dwellings includes a tower-type building presumed to have been used for grain storage.

Kivas — round chambers built partly underground — were believed to have been used for religious rituals and ceremonies. There is a kiva at the Manitou Springs cliff dwellings.

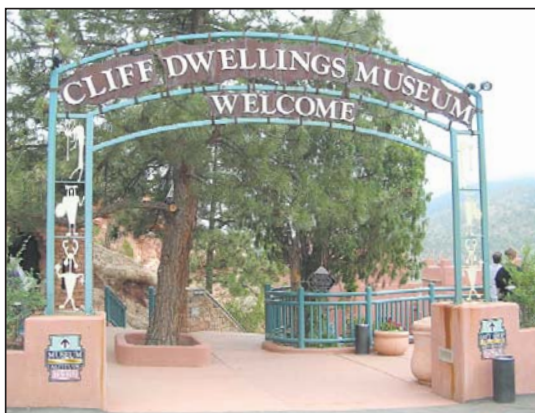
The people who lived in the cliff dwellings in the Four Corners area were known as "the ancient ones," or Anasazi.

Descended from basket makers, who lived from 500-750 A.D., the Anasazi lived in permanent houses, rather than in tepees. They first had pit houses, but about the year 1200 A.D. started living in cliff

See **Cliff Dwellings** on Page 30



American Indian dancers perform for visitors at the cliff dwellings during summer months.

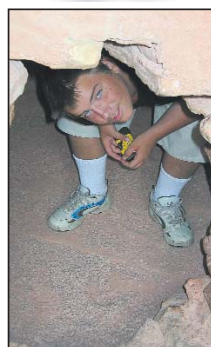


The Manitou Springs Cliff Dwellings Museum is open year-round. In addition to dwellings, museums and gift shops are on site.



One of two museums at the cliff dwellings displays pottery that is about 1,000 years old.

Harpens



Places to see in the Pikes Peak area.

Sept. 29, 2006

Cliff Dwellings

From Page 29

dwellings. The dwellings were actually built under a cliff, both for camouflage and protection.

The cliff dwellers learned to collect water and developed irrigation systems. They became skilled farmers and grew corn, beans and squash. They hunted for deer, rabbits and mountain sheep to supply meat.

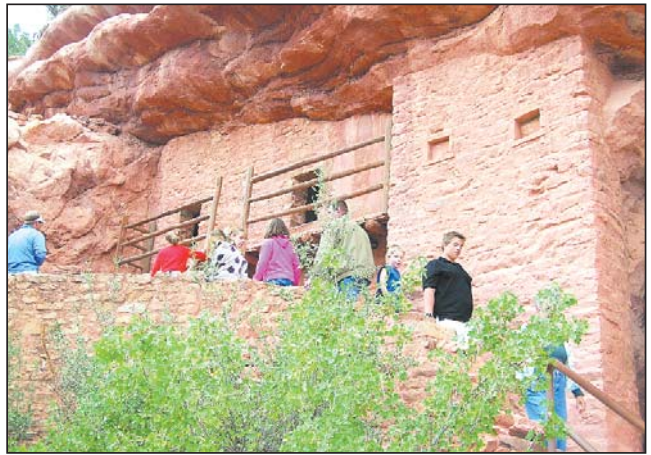
About 1300 A.D. the Anasazi people seemingly abandoned their cliff dwellings in the Four Corners area and left without a trace. It's still not known exactly what happened to the Anasazi nearly 700 years ago.

There are many cliff dwellings and other historic artifacts in Mesa Verde National Park in the southwest corner of Colorado, near Cortez. Exploring Mesa Verde takes a day or more; and it is about 350 miles from Colorado Springs.

A visit to the cliff dwellings in Manitou serves as a good primer for a trip to Mesa Verde. Or, if you never get to Mesa Verde, a trip to Manitou Cliff Dwellings is educational and is a good representation of what cliff dwellings are like.

In addition to the cliff dwellings, which visitors may see, other American Indian-type dwellings are on site. A tepee is near the parking lot and can be explored. There's also a mesa-top building in the style of the buildings used by the cliff-dwellers when they worked their crops and were away from their homes. A Pueblo-style building was constructed near the cliff dwellings in 1898. The building was occupied from 1898 until 1984 by the Tafoya family. The family served as caretakers for the cliff dwellings.

Visitors explore several of the cliff dwellings at the Manitou Springs Cliff Dwellings Museum. The dwellings are at least 700 years old. Originally found in southwest Colorado, the dwellings were dismantled, each rock numbered and transported by wagon to the Manitou Springs site and reassembled 100 years ago.



The pueblo now serves as a museum, with several displays about the life of the cliff dwellers and includes stone tools, arrowheads, pottery, baby carriers and cooking tools, as well as prehistoric rock art displays.

The pueblo-style building also includes well-stocked gift shops.

Gift shop wares include American Indian-style art, decorative items, candles, calendars, plates, figurines, pottery, sand paintings and a myriad of gift selections, postcards and books. There are also bows and arrows and American Indian-style headdresses.

Another museum room is behind one of the gift shops, which houses 1,000

year-old pots and tools.

During summer months American Indians perform traditional dance programs at the site several times each day. The dancers also share stories about their dances and customs.

The Manitou Cliff Dwellings and Museum is open year-round, except in inclement weather. During the months of May and September, the museum closes at 6 p.m.

The museum is open from 9 a.m.-8 p.m. in summer. From October through April the museum closes at 5 p.m. and is closed Thanksgiving and Christmas.

Admission is \$8.50 for anyone older than 12. Children ages 7-11 are charged \$6.50; children 6 years and under are admitted free.

For an additional \$8, guests can buy a Holiday Shopping Pass, which entitles them to shop Nov. 25 through Jan. 5 for no entrance fee, as well as a 30 percent discount on purchases. Inquire at the gift shop.

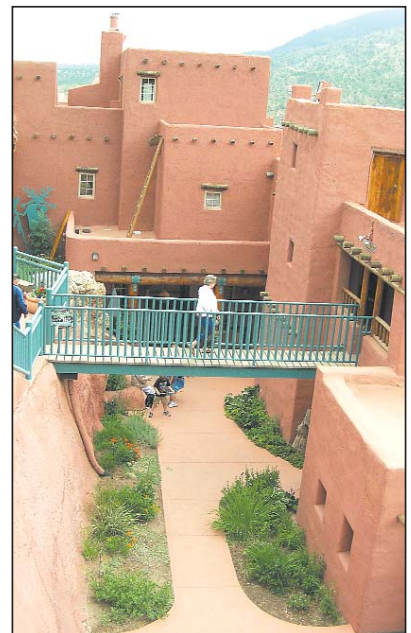
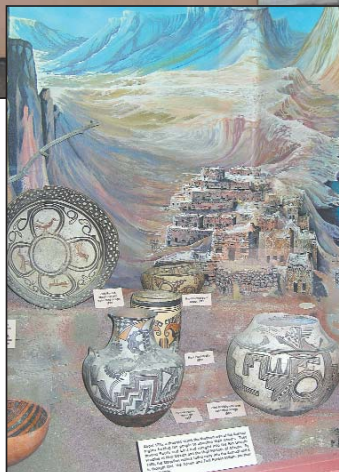
To reach Manitou Cliff Dwellings Museums and Preserve, take Interstate 25 north to the Cimarron exit, Highway 24 west. The dwellings are about eight miles west; watch for the signs. The cliff dwellings are on the north side of the road.



Above: Museum visitors look at exhibits depicting the lifestyle of cliff dwellers. **Right:** An exhibit shows cliff dwellings in an authentic setting and pieces of pottery.

Just the Facts

- **Travel time:** just over an hour
- **For ages:** all
- **Type:** ancient cliff dwellings
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)



A pueblo-style building houses the museums and gift shops at the cliff dwellings museum.

Get Out!

Academy concerts

The Air Force Academy concert season includes "I Can't Stop Loving You," Oct. 13; The Lettermen's Christmas Show, Dec. 1; Bill Engvall, Feb. 10; "Wonderful Town," March 3; and Chip Davis and Mannheim Steamroller, May 4. Shows are in Arnold Hall Theater; call the box office at 333-4497.

Soldier Show

The Soldier Show will be in McMahon Theater Saturday at 7 p.m., and Sunday at 2 p.m. Entrance is free, and tickets are not required. The Soldier Show is made up of talented Soldiers who have competed for positions as performers.

Fine Arts Center theater

"I Love You, You're Perfect, Now Change," presented by the Fine Arts Center's Repertory Theater, runs through Oct. 22. In the theater at 30 W. Dale St., productions are Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m.; call the box office at 634-5583.

Oktoberfest

The annual Oktoberfest at Norris-Penrose Stadium is Saturday-Sunday and

Oct. 6-7, and features German brats, beer and live oompah bands. There are activities for children. Admission is free for military, \$5 for adults and anyone under 21 gets in free. Norris Penrose Stadium is at 1045 W. Rio Grande St., between 8th and 21st streets. Call 635-1101, ext. 2 for more information.

Halloween activities

Mind Seizure Haunted House — the city's oldest haunted house is at the Flea Market, 5225 E. Platte Ave., about a mile east of the Citadel Shopping Center and the management recommends it for ages 12 and over. Mind Seizure opens Sept. 29-30, at 7 p.m. After opening weekend, it's open Thursday-Sunday each week and daily Oct. 26-31. Admission is \$13; military get a 50 percent discount on Sunday and Thursdays Oct. 12-22. More information is at www.mindseizurehauntedhouse.com.

Town of Terror is the haunted house at Buckskin Joe, near the Royal Gorge Bridge. It is open Oct. 12-14, 18-22 and 25-29. Learn more by going to www.BuckskinJoe.com and clicking on "activities."

Haunted House in Fountain City Hall 6:30-10 p.m., Oct. 7, \$3 admission. There's also a Harvest Moon Dance from 6-10 p.m., on Main Street in Fountain and hay rides, bake sale, clown, face painting and food and drinks. For information call 322-2006.

Academy football

The Air Force Academy Falcons football home schedule includes New Mexico Saturday,

Navy Oct. 7, Colorado State Oct. 12, Brigham Young University Oct. 28, Notre Dame Nov. 11 and Utah Nov. 18. Call the ticket office at 472-1895 or visit www.GoAirForceFalcons.com. For information on limited free military tickets go to www.carson.army.mil.

Children's Playhouse

"Willie Wonka" is Oct. 14 at 11 a.m. and 2 p.m. The Kennedy Center Imagination Celebration on Tour production features actors, puppets and songs. Tickets are \$6 each; call (719) 295-7222. Performances are in the Art Center Theater, 210 N. Santa Fe in Pueblo. Take Interstate 25 south to Exit 98B, go west.

Pueblo theater

The concert season at the Pueblo Arts Center Theater includes Hubbard Street 2, Oct. 19 at 7:30 p.m., "Capitol Steps," Feb. 28 at 7:30 p.m., "Romeo and Juliet," March 10 at 4 p.m. and Glenn Miller Orchestra, April 13 at 7:30 p.m. In addition, Conjunto Colores is Nov. 3 at 7:30 p.m. at Jackson Conference Center. Season tickets are \$90 and single tickets, as available, are \$20. Call (719) 295-7222. The Art Center Theater is at 210 N. Santa Fe Ave. in Pueblo, reached by taking Exit 98B.

Harvest Festival

The Harvest Festival is Oct. 7 at Rock Ledge Ranch Historic Site from 10 a.m.-3 p.m. and is free. Visitors choose a pumpkin and participate in a candy scramble, hay maze or ride a pony or wagon. There's a barn dance and gold panning. Rock Ledge Ranch is by

Ein prosit

Enjoy German music, food and drink at the Great West Oktoberfest. Military members are admitted free at the annual fest at Norris-Penrose Stadium on Rio Grande. Festivities are 4:30 p.m.-midnight Saturday and Sunday and Oct. 7-8. Another Oktoberfest event is at Royal Gorge Bridge west of Cañon City Saturday and Sunday. There'll be live entertainment by German bands from 12:30-4:30 p.m. and a selection of German foods on the menu at Juniper Junction.



Photo by Nel Lampe

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

Infantry unit beats MEDDAC 22-6

Story and photo by

Walt Johnson

Mountaineer staff

Using a stifling defense, Alpha Company, 2nd Brigade Combat Team (Forward), 4th Infantry Division, defeated the Medical Department Activity intramural football team 22-6 Monday as the infantry team continues to improve as the season moves on.

Infantry Coach Donald Delegee said the team is starting to find its rhythm after starting the season with some new faces and then having to work in a new player at the most important position on the field.

"We were trying to work in our new quarterback tonight because our old quarterback went back to the house (left the military service and returned to his home town). We are beginning to gel as a team and starting to see where we stand among the competition on post. We have a huge game against the 1st Mob on Wednesday and we are trying to get our offense together. We will be able to measure ourselves after

that game," Delegee said.

The infantry team jumped out to an early lead when quarterback W1 Proctor found John Costello in the end zone giving his team a 6-0 lead. After a successful conversion, the team took a 6-0 lead into the late stages of the first half. Just before the half, the infantry team struck again as Proctor found Rashaun Quincy in the end zone surrounded by MEDDAC defenders to give the team a 13-0 lead. After the successful two-point conversion, the MEDDAC team looked to strike quickly to get back into the game, and they did as Tony Claiborne caught a 68-yard bomb after he raced past infantry defenders to put the MEDDAC team on the board. After a failed extra point attempt, the teams went into halftime with the infantry team leading 14-6.

In the second half, the infantry team put the only points on the scoreboard as Proctor scored on a 30-yard touchdown run around the left end. The two-point extra point gave the infantry team the final margin of 22-6.

"We are at the point in the sea-



William Proctor, front, fires a touchdown pass to Rashaun Quincy in the end zone during action Monday at the Mountain Post Sports Complex.

Mountaineer High School Sports



Trojans win!

Fountain-Fort Carson running back Jamal Johnson, 22, runs through a tackle attempt by the Pine Creek Eagles defense during action Friday at Fountain-Fort Carson High School's football field. The Trojans won the game 21-3 to improve their conference record to 3-0 and the overall season record to 4-0. The Trojans will travel to Widefield High School today to meet the 2-1 (in conference) Gladiators in a contest that will start at 7 p.m.

Photo by Walt Johnson

On the Bench

Sports Illustrated softball tournament coming to post

by Walt Johnson

Mountaineer staff

The Mountain Post will be one of the venues in Colorado Springs that will host the Sports Illustrated Softball World Series Oct. 5-7.

Softball games involving men's, women's and coed teams will be played at the Mountain Post Sports Complex on post and the Sky View Sports Complex in Colorado Springs.

There are currently 78 teams signed up to play in the tournament, with more expected before the start of the tournament.

The Mountain Post will have three teams in the tournament. The post varsity men's softball team, the Aces, will play in the men's division. The post women's softball team, the Lady Mountaineers, will play in the women's tournament.

A mixture of the Aces and Lady Mountaineers will also play in the coed division of the tournament.

The schedule for the tournament will be announced soon and the game times for the post team's first games will be in an upcoming edition of the Mountaineer.

A team that uses feats of strength to relay positive messages to people in churches, civic centers, stadiums and coliseums nationally and internationally will hold a conference at the First Southern Baptist Church, 1409 Palmer Park Blvd., in Colorado Springs Nov. 15-19.

The conference will feature athletes who have performed the world's greatest exhibitions of power, strength, speed, inspiration and motivation in

See **Bench** on Page 35



Photo by Walt Johnson

Fumble

Members of the Mountain Post 10-12 year-olds football team, in red, battle opponents for a loose football during action Saturday at Sky View Sports Complex in Colorado Springs. The post team won and will play Saturday at 10:15 a.m.



Photo by Walt Johnson

Lady Mountaineers

Lady Mountaineers third baseman Tasi Mafoe lines a base hit during fall softball action Sept. 20 at the Sky View Softball Complex. The Lady Mountaineers split a double header against a Swing and a Prayer, winning the first game and losing the second. The team will play its final fall game Wednesday at the complex at 8 p.m. The Lady Mountaineers are currently 5-1 in fall league play.

Bench

From Page 34

every state and in more than 40 countries for almost 30 years, according to Summer Williams, First Southern Baptist Church spokesperson.

Williams added, "These giant men, many weighing over 300 pounds, can blow up hot water bottles like balloons, snap baseball bats like twigs, lift telephone poles overhead, rip phone books and license plates like pieces of paper and smash walls of ice and concrete. The Power Team has several world record holders, former NFL football players and professional wrestlers.

"They have been endorsed by more than 50 governors, senators and congressmen for their positive contribution to the lives of America's youth. The various members of the Power Team are among America's most sought-after speakers, encouraging people to live a life of excellence and challenging them to be the best that they can be."

College football fans will want to note that the Air Force Academy will begin its home schedule Saturday when the Falcons host the New Mexico Lobos at noon at the Academy's football stadium.

The Academy sports office has announced there will be a limited number of complimentary tickets available to military enlisted members for all Academy home games (in the sports of football, men's and women's basketball, hockey and volleyball). For the Nov. 11 game against Notre Dame, there will be fewer complimentary tickets available.

The complimentary tickets will be available for the activity that will be taking place during the current week's games. For example, tickets for the game with the Naval Academy will be available beginning Monday for the game that will be played Saturday.

People at the Mountain Post who are interested in attending the games can call the Academy at 472-1895

Mountaineer Sports Standings

American League

Team Name	W	L
68th CSB	5	1
2nd/360th	3	3
MEDDAC	2	5
59th QM	2	4
43rd ASG	0	5
230th Finance	0	4
759th MP	0	2

National League

Team Name	W	L
1st Mob	6	1
A Co, 2/4th	6	1
4th Engineers	5	2
A Co, 1/67th	3	3
183rd Maint	3	4



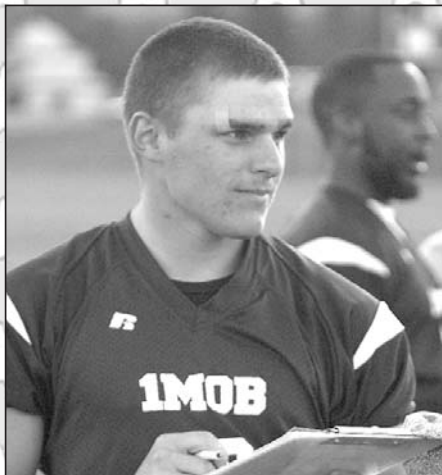
Fall Softball Standings

Team Name	W	L
Outlaws	4	0
Got Game	4	0
3/16th FA	2	2
Devil Dogs	1	2
183rd Maint	0	3
1st Mob	0	4

Photo by Walt Johnson

Dominick Black, left, eludes defenders to get a first down during intramural football action Monday at the Mountain Post Sports Complex.

Mountaineer **Athlete of the Week**



Craig "G-Money" Wissinger

Sports position: Player, 1st Mobilization Brigade

What got you started in sports?

My mom (Bobbie Wissinger) actually got me started in sports while my dad was overseas serving in Desert Storm. My dad (David Wissinger) taught me how to play when he got home from the deployment.

What is your proudest personal moment in sports?

My best personal sports moment occurred here a couple of weeks ago when I hit my first over-the-fence softball home run in my life. It was a monster shot, too, that went over the fence and over the back road in the complex.

It was a nice solid shot that went about 360 feet.

What is your favorite moment in sports and why?

My best moment in pro sports was last year watching the Steelers win the Super Bowl. I am a big Steelers fan. I was too young to know about the other four championships the team won, but it's the history of the team, so it means a lot to me that they won the previous four. I just remembered thinking to myself that Bill Cowher and the Steelers deserved to win the Super Bowl.

**Week 4****Football****Pigskin Picks****College**

1. Purdue vs. Notre Dame
2. Alabama vs. Florida
3. Texas Tech vs. Texas A&M
4. Ohio State vs. Iowa
5. Northwestern vs. Penn State
6. New Mexico vs. Air Force



John Costello

A Co, FSC, 1/67th Armor

1. Notre Dame, 2. Alabama, 3. Texas A&M, 4. Ohio State, 5. Penn State, 6. Air Force, 7. Ravens, 8. Vikings, 9. Saints, 10. Dolphins, 11.



Anthony Oliver

2nd BCT (Fwd), 4th ID

1. Notre Dame, 2. Alabama, 3. Texas Tech, 4. Ohio State, 5. Penn State, 6. New Mexico, 7. Ravens, 8. Vikings, 9. Panthers, 10. Dolphins, 11. Bengals, 12. Jaguars, 13.

NFL

7. Chargers vs. Ravens
8. Vikings vs. Bills
9. Saints vs. Panthers
10. Dolphins vs. Texans
11. Patriots vs. Bengals
12. Jaguars vs. Redskins
13. 49ers vs. Chiefs
14. Browns vs. Raiders
15. Seahawks vs. Bears
16. Packers vs. Eagles



Alison Storms

2nd BCT (Fwd), 4th ID

1. Notre Dame, 2. Florida, 3. Texas A&M, 4. Ohio State, 5. Penn State, 6. Air Force, 7. Chargers, 8. Bills, 9. Panthers, 10. Texans, 11. Bengals, 12. Jaguars, 13. Chiefs,



Derrick Westbrook

2nd BCT (Fwd), 4th ID

1. Notre Dame, 2. Florida, 3. Texas A&M, 4. Ohio State, 5. Penn State, 6. Air Force, 7. Chargers, 8. Bills, 9. Saints, 10. Dolphins, 11. Bengals, 12. Jaguars, 13. Chiefs,

